less we so regard an item of \$600 for "regufor "Center square improvements." In bureau (including the balance from previ- | -Subscriber. ous years for unfinished work) amounted to \$5,224,008.36. This bureau has the supervision of the construction of sewers bridges and subways, of the abolition of grade crossings and of public improvements like the broadening of Delaware avenue and the construction of the filter plants and the surveying of every piece of property in the city. The bureau has a regular force of 231 men, and an extra force of fifty-seven in the water section in charge of the building of the filter beds. Since the bureau was established in 1855 there have been three chief engineers, two dying in office. The present chief has held the office since 1893, and has been connected with the bureau for twenty-four years. During that period he has occupied nearly every engineering position, and has risen

from the lowest and least compensated place to the highest. The bureau has had three secretaries, two dying in office. Taking up the district surveyors, I find that two very large plain similar to our prairies? have held the office for twenty-five years; one for twenty-one years, who has been connected with the bureau for forty years, veyor who had held the office for thirty years; another for twelve years, succeedthrough the list. The same statement is true of the other employes. This, in subforce since 1855, long before any formal enactment of the subject. A con- -L. A. G. tinuance policy for technical work has made its establishment imperative The fice, Washington, D. C. 2. All the States introduction of the civil service regula- and Territories west of the Mississippi tions has improved and screng hened the contain lands subject to entry and settlealready existing system without quertion, | ment, but a large part of the acreage is but they Improved an existing system, arid land, 3. None for distribution, rather than introduced a new one

ficers and in expeditures work to the mas?-H. A. M. mit a system to exist which means higher dividing the money accordingly, taxes and greater expenditures without

the eye with a little attention to perceive | present in the preceding year. its progress. This is the mass of enlightanother more agile and whose bounds one follows with much difficulty; sixty times J. J. it has gone the space before it ere the min-

CLINTON ROGERS WOODRUFF, Secretary of the National Municipal of lacquers or varnishes. Philadelphia, Pa., April 26.

QUESTIONS AND ANSWERS.

What was the date of Good Friday in April 5.

Which of the United States has the most government land in it?-J. W. C. Montana, with 67,963,057 acres.

have five Sundays?-J. M. W.

C. Perry when he entered the port of Yeddo,

He was commodore. Where is the Fortieth Regiment of United States Volunteers?-1. S. C. In the Philippines, underlined to start for

home and muster out. Who led in prayer before the battle of Bunker Hill? Who was president of Har-

ward University at that time?-T. J. T. Rev. Samuel Langdon. 母 华 华

How often is the "Passion Play" presented at Oberammergau?-W. J. summer, usually with three performances a

which originally meant a walled space in front of the entrance to a Roman house.

Under what religious rites, Catholie of Protestant, was the funeral of James G. Blaine conducted?-W. B. H. It was held at a Presbyterian church-the

Church of the Covenant, in Washingtonits pastor, Rev. Dr. Hamlin, officiating. How many acres are there of arid lands In the United States?-E. V. S.

About 800,000,000, taking as the meaning of erid land land on which agriculture cannot be prosecuted successfully without resort to How old is W. J. Bryan? 2. How many

votes were cast against him last fall in Texas? 3. How old does a man have to be before he can become President? He was forty-one on the 19th of March.

1. 146,806. 3. Thirty-five years.

At about the close of the civil war there ras a race between yachts from New York to England; will you give the de-

The boats were the schooners Henrietta, Fleetwing and Vesta, and the year was

stakes were \$90,000. The Henrietta won in Taking our own Bureau of Surveys as an | thirteen days, twenty-one hours and ffty-

What were the total receipts of the government for quarter just ended? 2. Has tating streets" and a further nem of \$1,650 | the population of the Dominion of Canada supposedly increased at a greater rate for this decade than for the last? 3. When will the enumeration of Canada be taken?

\$143,255,533. 2. We do not know. 3. July

How can I rid a canary bird of lice Scald the cage with boiling water, dry and paint all crevices with fir-tree oil. Dust the bird with pyrethrum powder. Rub puny, pale-visaged child would become a drop of sweet oil on its head and under | sickly and die. Whether this necessity for its wings. The parasites are remarkably mixed diet is natural or acquired is

called the Black Prince? 2. Were any other sons of English kings so named or

peat these processes.

Some writers think it was because be wore black armor, but more numerous are those who claim that his armor was golden, and that the name comes from the terror he inspired as a warrior, 2. No.

Does the Argentine Republic contain

300,000 square miles. 2. It depends on the Perhaps the best example of exclusive age of the human. An adult skeleton consists of 206 bones, but in infancy there are

Kindly advise me whom to address in order to get the laws of public land distribution. 2. Where are the lands located? Are there any such lands in Indiana?

Address Commissioner of the Land Of-

salary now and what was it before Christ- would be an excessive amount

same end. It will not be long before the The payment of the assistant surveyor tatoes is equivalent in food value administration, which are impossible with- under the new law, which is just about ceptibility of disease. Under any circumout the merit system. The people will not to go into effect. Under the latter the stances potatoes should be boiled until men and firemen and other employes and and may engage as many deputies as he officials from their legitimate duties to needs or can secure for this amount, and the bowels unchanged, irritating the tispolitical affairs; for they will not long per- for such periods of time as he needs them, sues in its passage. Potatoes overboiled

In what island or islands of the Philip-The time is not far distant when com- pines will the present force of teachers you also state the comparative cost of liv-

The plan is to establish a graded school system in all the towns as rapidly as poscannot long ignore economic factors and Manila. 2. The published estimates of correspondents seem to vary according to The last century was indeed a "wonder- | the individual. In Manila the cost of comful one," as Alfred Russell Wallace has fortable living probably does not vary abominable, unless the eater has a rugged pointed out in his entertaining volume; but | much from that of any large American | digestion. Water in which potatoes have

strong a solution is used, and how long

a half, or a pint of formaldehyde to fif- casein, analogous to the curd of milk, in In the words of Alfred de Vigny: "Society | teen gallons of water, seed to soak two | fact, the Chinese make cheese from it is a large clock having three hands; one | hours. In either case cutting and planting | hardly to be distinguished from ordinary tion, progresses rapidly enough to permit ground for potatoes in which scab has been to which it adds flavor and nutriment.

Never, no never, have I looked at | consolidation, under the effects of heat and | ing shown that this supports strength and less, so bold, so emotional, quivering as it | There are many kinds; seasoned wood | ployed. time, never have I looked at it without sian wares are made on papier n.ache, in eral spirit of his nation, ever upon that of ground to which an eighth of an inch of Tythagoreans had a superstition that the changes are rung in the final applications of the bean, and this is perhaps why they

> from postoffices? Are they required to lepot to postoffice, and agent to carry the

other way?-Hess. According to the rules of the Postoffice Department railroad companies are required to take malls from and deliver intoall terminal postoffices, no matter what the distance between office and station, ex-In what recent year did February have cept in cities where especial provision is five Sundays, and in what year will it again made by the department for such service. fices when station and office are not more What was the official rank of Matthew | than eighty rods apart. If that distance is exceeded, or if the station is one where the railway does not maintain an agent, the department provides for carrying the mails between office and station.

> Is there an "Ecclesiastical Court" in stances was it abolished? 2. How is the "Church of England" maintained?--Cactus.

There are such courts, but they are much reduced from their former high estate, so that now they may be likened to courts martial, having jurisdiction over the clergy Every ten years; it lasts throughout the of the established church in their professional character, much as a military court deals with soldiers. Their civil jurisdiction over the laity has practically ceased to ex-What is the origin of the word "vesti- ist except in matters relating to the church, churchyard and church warden. It comes from the Latin word vestibulum. Their powers were decreased at various times, to a considerable extent by laws in 1957 that established courts of probate and of divorce. 2. The larger part of its annual revenues comes from ancient endowments. Tithes and tithe rent charges are another

Life's Difference.

Your days are bright and fair As days may be Tears dim my tired eyes -cannot see.

You view a thousand graves

And sigh at none But-broken is my heart--Lillian M. Siegfried, in Success.

Pleasures of Profanity.

Boston Globe. The Psychological Review has been studying the psychology of profanity. The psychologist avers that "as regards the striking is that of a pleasant feeling of relef from a painful stress." The point is

Notice to Contractors and Builders. Yellow pine timbers and joist in stock at

VEGETARIAN DIET.

An Old Practitioner's Notes on the Eating Beans, Cabbage, Etc.

Vegetarianism is physiologically possible, in fact may be theoretically better than an exclusive meat dlet, but practically the requirements of modern life are such that an exclusive vegetable diet is injurious. The healthy, active countryman, constantly working in the open air, exercising muscle as well as skill, will thrive on vegetable it diet where the city man of business or the workingman, the delicate woman, and the tenacious, so usually it is necessary to re- vexed question, but the evidence seems to prove that it is the outcome of civilization. Each man must, therefore, be a rule to Why was the eldest son of Edwarl III | himself in the diet of health as well as disease, the main object being to eat sufficient animal food to supply bodily, especially muscle waste, and sufficient respiratory food, or fuel so to speak, to keep alive the spark of life. The former being found in animal food, while the latter exists in the form of starch, sugar, etc., in vegeta-

Vegetarians cite the example of the Chinese, who live for the most part on rice, How many bones are in the human or the Hindgos, who live on millet, the wassee and badlee of India, but they do Yes, the Pampas, of which there are some | not consider the difference of environment. vegetable diet is that of the potato. When Sir Walter Raieigh introduced potatoes 78, and in advanced old age there are into Europe, bringing the original from South America, he was hailed as a benefactor of mankind, but this vegetable has unfortunately become a curse, in some instances, to the millions who depend upon is as the chief source of food. Added to other food there is no better vegetable. As an exclusive diet there is none worse. Potatoes contain a large percentage of water and starch, in fact commercial starch is extracted from potatoes, but the percentage of flesh-forming elements is proportionately small that from seven to ten pounds a day would be required to support life, and in this quantity there respiratory food. Ten pounds of potato is not digested, but passes through of them. Potatoes that are not ripe, and this applies to many "new" potatoes, which are rushed into the market to get the benefit of the higher price, are as bad as potatoes not boiled enough, for no amount of boiling will make them tender. Mashed potatoes are not so digestible as potatoes au naturel, because they are not chewed up, but pass into the stomach in a mass into which the gastric juice does not penetrate easily. Potatoes thickly smeared with gravy are also indigestible, and as for potatoes fried in fat they are simply been boiled contains poisonous principles, the potato itself is of a poisonous family, the night-shade, and this water should

never be used for any cooking purposes. of seed to follow imediately after soak- cheese made from milk. Dried peas meal Chemically speaking, peas are commercially the cheapest kind of food as far as price is concerned, but they are suitable as a continuous and exclusive diet only for those who labor much at heavy work. It is composed largely of silicate of alu- They form a percentage, for example, of sued to German soldiers, experience hav-

A whole article might be written about lacquer is added. Then almost innumerable | souls of the dead took refuge in the center did not eat them, but others claim that What is the law concerning railway to do with elections, beans being used in Athens as ballots, approval being signified carry mail to postoffice from depot, or is by putting a white bean into the voting the postmaster required to carry from urn and disapproval by using a black bean. King, a facetious poet, more than two centuries ago, spoke a good word for beans

'Cornwall squabple and Devon whitepot

And Leister beans and bacon, food of Dietetically considered, beans are similar to peas, and if properly cooked are nutritious, although somewhat difficult of digestion, causing flatulence, especially if the skins are eaten, as they are the most difficult of digestion. The fact that loggers consume and thrive upon a dlet of beans is proof that they are nourishing, but the adaition of pork or some other fat meat or oil is required to supply the necessary amount of fat, otherwise the quantity of beans would be beyond the containing caof cases does it try? If this court has been | pacity of the stomach. As with peas, so flour is made from beans, and bread made from this flour is more nutritious than bread made from cereals alone. There is also a meal made from lentils, a small pea, called revalenta or ervalenta Arabica. which forms a great part of the Arabian

> Turnips, which belong to the mustard family, are nutritious, having one part of fiesh-forming elements to eight that give heat and 90 to 96 per cent. water, but they are laxative and cause flatulence and pain when the digestive powers are weak. Parsnips have a large percentage of fleshforming elements and are sometimes used as a substitute for potatoes, but are not so digestible. They often disagree with weak stomachs.

Cabbage is wholesome and nutritious, but it does not agree with many stomachs. There are two reasons for this, which apply to other vegetables as well. One is the fact that cabbage and other vegetables, owing to the starchy elements and the water in them, Speedily undergo fermentative putrefaction, and this process may have begun even though the tissue itself seems sound. When the substance seems hard and crisp the vegetable is probably sound and wholesome, but when it begins to be flaccid and wrinkled it shows that tion has commenced. In this state the

ing a vegetable with fat meat, like pork, the cell envelops are made more indigestible by an added coating of fat, so that, instead of being broken up by the digestive fluid, they resist its action and pass into the bowels as a solid mass, causing irritation and diarrhoea or constipation, as the case may be, and also, being retained in the bowels longer than the normal time, they undergo putrefaction in the intestines and cause flatulence by the gases disengaged from them, and also cause serious disturbance by the poisonous products of the fermentation which are absorbed into the system. Fats, it is true, are necessary adjuncts to a vegetable diet, but they should not be boiled with the vegetables. They should be boiled separately and eaten

as a side dish with the vegetable food.

That which is true of improperly boiled

vegetables is more so of raw vegetable

food, such as salads. The substance is not

broken up sufficiently to allow the gastric

juice to act upon the cells, and, moreover, cooking converts starchy and other products into more digestible and assimilative forms. Of uncooked vegetables celery is most digestible. Lettuce is also fairly digestible, but disagrees with many, and in some cases it makes a person sleepy; in fact, it is advocated at night as a soporific of slight value. A brown, gummy substance is extracted from lettuce, called lactucarium, used as a substitute for opium, but, unfortunately, some of the lactucarium sold has been found to contain opium, to which it doubtless owes its soporitic effect. The Greeks preferred beet leaves to lettuce, and under the name of Swiss chard the midribs of beet leaves are cut in lengths and boiled in bundles like asparagus. We use the beet leaves as greens, and by many they are preferred to spinach. Spinach however, is one of the most wholesome kinds of greens and less likely to disagree with the stomach than any others. It is a good form of green food in the spring, one which nature craves, but most any kind of weed will do if it is not poisonous. Among the weeds the dandelion is in the greatest repute and favor. The sprouts of the common brake, before they have uncuried, are excellent, tied into bunches and boiled a few minutes. Common dock and purslane, or pussly, are also good. Milkweed sprouts and the young and tender shoots of the

IN THE GOSSIP'S CORNER.

"We owe it to candor and to the amicable relations existing between the United have much of the goodness dissolved out States and the allied powers to declare that we should consider any attempt on their part to extend their system to any portion peace and safety. With the existing colonies or dependencies of any European not interfere; but with the governments which have declared their independence and maintained it, and whose independence we have, on great consideration and just principles, acknowledged, we could not view an interposition for oppressing them, or controlling in any other manner their destiny by any European power, in any other light than as a manifestation of an unfriendly disposition toward the United States. * * * The American continents should no longer be subjects for any new European colonial settlement."

No, the foregoing is not "just gossip." It s the voice of prophecy, speaking through the pen of James Monroe, fifth President of sentences are found. Taken together, they the powers of the "Holy Alliance" to be represented in a conference to consider the regulation of South American affairs, there was, to quote the words of Prince Metternich, as recorded in his "Memoirs," an "almost brutal" refusal. The successive extensions of the Monroe doctrine, its application to Mexican affairs in the French war of 1862-66, Mr. Cleveland's vigorous message relative to the Anglo-Venezuelan dispute, and, last and greatest, its employment to end forever the maladministration of Spain in the West Indies-all these are indicative of President Monroe's pre-emiing him as the prophet of American greatness in world affairs. He was born in Westmoreland county, Virginia, on April 28, 1758, and died in New York city on the Nation's birthday in 1831.

Among the recent incidents of interest to philatelists is the issue of a farthing stamp for postal use by Malta. It is brown, with the water mark "C. A." and a crown. The stamp is of the usual size, but is horizontally printed. A fine view of the harbor of Valetta, evidently from a photograph, with the fort on the left hand side as you enter the port, in the distance, and a modern battleship at anchor, in the middle foreground. is a radical departure in the pictorial feature of postal issues. A large part of the water front of the city itself is shown.

The Gates are down; the Bars ('tis strange) And all who will may seek the banks and

The Brew that Tron dispenses in the Since Justice blinked in def'rence to the

The sorrows of childhood, like its joys are ephemeral, and so lightly do they rest, sometimes, as to draw nigh to callousness. Out in the North End, the other day, I passed a house with a mourning emblem on died, and was to be buried Sunday. Sevusing the street in front as a practice ground for the national game, and a scion of the house of mourning was at bat.

was twirling the sphere, "w'en's yer sister goin' ter be buried?" "T'morrer, I told yer," said Johnny. "I'm getting' tired of answerin' that question. Pitch up de ball."

"Ht, Johnny," said the youngster who

"Swipe it good, Johnny," sung out the catcher. The ball was "pitched up" and Johnny duly "swiped" it, narrowly missing a plate glass window. Just then another little chap came along and was admitted to the game. He wanted to bat a while, but there was a chorus of protests.

"Aw, g'wan," said the biggest boy. "Let Johnny bat. His sister's goin' to be buried t'-morrer, an' he won't have time t' play

"W'y can't I bat?" he insisted.

Johnny was still "swiping" the ball as I turned the next corner, and seemingly laving up a store of hits for the evil day

A friend writes me from Baltimore that the million dollars to be raised before recertain elements have partially dissolved cent gifts of land to Johns Hopkins Uni- the New Orleans woman's college, of nearly in the contained water, and that fermenta- versity for site purposes, of which I wrote \$3,000,000 (and before her death she had subjective effects of profanity, the most vegetable is less digestible and is liable to available, have been raised, with the excause irritation. The second reason is in ception of about \$100,000, which are in sight, the process of cooking. The purpose of a conditional offering having been made fact that the South has great educational boiling vegetables is to break up the con- by one of the gentlemen giving the land institutions, worthily conducted, and that nective tissues so that the cells shall be at the time the latter was tendered. One they will not be left behind in the great freed in such a manner that the gastric delightful thing about it all is that none work of educating the Nation's young men he year was Indiana Timber and Lumber Co. Office and Juice can act upon each. The envelope of Sandy Hook yards E. 22d St. and Monon Raffroad. These cells is more resistant to the action the public in that connection, nor is any ciety and the State. THE GOSSIP.

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s a great incentive to a renewal of faith in the inherent good of humanity. These gifts to Johns Hopkins, taken in connection with Mrs. Josephine Louise Newcomb's magnificent bequest to Tulane University, at some length a few weeks ago, become given to the same institution \$750,000), and numerous minor gifts to Southern colleges, call the attention of the country to the

The Man Who Drinks

man. He is just as sick as any man could be. He has that disease called alcoholism. His system craves alcohol and he cannot resist its craving. Now the only way for hi to stop is to take the This treatment drives desire for drink. With-

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